



**\$60 ION-CLEANSE (\$75 VALUE) EXP 4/30/09
CLEANSING/DETOXIFICATION PROGRAM:**

It literally drains toxins from your lymph nodes out of your feet in twenty to thirty minutes. It is especially effective if done right after acupuncture treatment, since the channels are all open and ready to let the toxins out.

Material or Area of the Body	Color/Particle
Detoxifying from the kidney, bladder, urinary tract, female/prostate area	Yellow-Green
Detoxifying from joints	Orange
Detoxifying from liver, tobacco, cellular debris	Brown
Detoxifying from liver	Black
Detoxifying from gallbladder	Dark Green
Lymphatic system	White Foam
Most likely yeast	White cheese-like particles
Heavy metals	Black flecks
Blood clot material	Red flecks

*The color of water will change depends on kinds of toxins that you have. \$75 per session.

How does it work?

A water molecule is composed of two hydrogen atoms and one oxygen atom. When the molecule loses a hydrogen atom, the remaining OH molecule takes on a negative charge. As you walk along the beach, your body absorbs millions of these negatively charged ions, which alkalize the blood and tissue. Because of poor diet and high stress, we tend to accumulate and store excessive quantities of waste products such as diacetic, lactic, pyruvic, uric, carbonic, acetic, butyric and heptic acids. According to Dr. Theodore Barody, author of Alkalize Or Die, acid wastes attack joints, tissues, muscles, organs and glands causing minor to major dysfunction. He asserts that avoiding disease and maintaining vitality as we age requires the maintenance of an alkaline environment throughout the body. This is virtually impossible to accomplish in our high-tech, high-stress, toxic society unless we can walk

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**NATURAL SOLUTIONS TO HEALTH PROBLEMS
CAUSED BY STRESS**

Saturday 3:15 to 4:15PM, April 18th.

At Healthy Family Pavilion, Live Healthy Expo, Santa Clara Convention Center

5 SECRETS TO LOOKING AND FEELING YOUNG

Sunday, 13:45 to 14:45 April 19th

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Success Story:

- *Fatigue, OverWeight**
- *Constipation, Abdominal Pain**

April SPECIAL OFFER - \$98

[Complete Health Analysis \(\\$150 value\):](#)

- **Body Fat Analysis**
- **Energetic Nutritional Test**
- **Report of Findings with Recommendations**

Energetic Nutritional Testing is a unique testing method which incorporates various muscle testing techniques, Acupoints Testing, and Emotional Release Therapy. This unique muscle testing technique can zero in on the causes of disease and the right nutritional program to correct them.

Dr. Lee has used Energetic Nutritional Testing to

on the beach everyday.

The Ion-Cleanse creates precisely the same environment as a walk along the beach, only more powerfully because your feet are in direct contact with the ions being manufactured in the water. Place your feet in the water, turn on the unit and within seconds, millions of ions enter your body and begin to neutralize these tissue acid wastes. Fat and mucous residues found in the water after bathing reflect the wastes that have left the body during the 20 to 30 minute session. Healthy individuals can expect to feel lighter and experience a greater sense of well being from each Ion-Cleanse session. Many people with pain, edema, gout and swollen or deteriorating joints report considerable symptomatic relief from Ion-Cleanse sessions.

The Healing Lab

www.HealingLab.com

Jenny C. Lee, L. Ac.

*Master Acupuncturist,
Certified Nutrition Response Clinician,
Herbalist*

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successfully diagnose her patients to overcome fatigue, weight problems, irritable bowels, acid reflux, high cholesterol and blood pressure, PMS, menopause symptoms and many more. She is able to effectively "crack" even the most difficult cases such as chronic allergies, inability to lose weight, reoccurring aches and pains.

Please bring a copy of this newsletter with you upon receiving care.

We can help you find out what is stressing your body: food allergy, immune challenges (bacterial, virus, parasite or Yeast), heavy metals or chemical allergy.

It is based on the theory that if the Qi or energy is blocked, not enough energy and blood can go to nourish the local tissue cells, then local muscle response will also be weak.

The reflex areas to check include Brain(Frontal, CSF, Crown, Cerebellum, Pituitary, Pineal, Hypothalamus, Eyes, Sinuses, Teeth, Glands, Thyroid, Para-thyroid, Lungs, Thymus, Heart, breast, Liver, gallbladder, Stomach, Pancreas, Spleen, Small Intestine, Colon, Ovaries, Testicles, Uterus, Prostate, Kidney, Bladder, Adrenals, etc..

Nutritional Dietary Counseling

Depending on your individual situation, we might also require that a patient make some specific changes in their diet and eating habits, and in their routines, in order to bring about the best possible results. Many people we see in our practice have eaten themselves into their current state of ill-health, to one degree or another. The deficiencies or imbalances lead to a breakdown in resistance or immunity and a loss of the ability to cope with environmental stresses (chemical, bacterial, or otherwise).

The good news is that it is possible to reverse the process. And my patients are very appreciative of the fact that we have a very effective system of monitoring their progress at each visit. By contrast, in medicine, the medical doctor makes a diagnosis and then uses drugs or surgery to attack or suppress the symptom or to surgically remove the "offending" organ or part. Through our analysis we determine the exact nutrients needed to supplement the patient's diet in order to bring about improved health.

Functional Blood Analysis

The Healing Lab is now providing functional blood analysis to determine functional health and help you reach optimal health level. We can use existing blood test reports or we can refer you to a lab that will offer a significant discount.

What is the difference between functional and pathological analysis?

The pathological range is used to diagnose disease. The functional range is used to assess risk for disease before disease develops. The references that are provided with laboratory test results are referred to as “the pathological range”, because if the test results are out of range, it usually indicates potential for pathology or disease. The main difference between the functional and pathological range is the degree of deviation allowed within their normal ranges.

For example, the functional range for glucose may be 85-100 mg/dl, but the pathological range may be 65-110 mg/dl. Levels above the pathological range may indicate diabetes. Levels above the functional range, but before they reach the extremes of the pathological range, may indicate insulin resistance and future risk for developing diabetes. Conventional medical training is concerned with the diagnosis of disease and rarely preventative medicine. Therefore, patients are usually not consulted regarding the parameters of incorporate consulting with patients when their levels present outside of the functional range.

The Healing Lab provides preventative care and incorporates consulting with patients when their levels present outside of the functional range. If biomarkers can be managed before they fall within the pathological range, preventive medicine can be achieved.

How are Western standards different from functional standards?

You may think the ranges presented on your lab report and labeled "normal" for each test are decided upon by a panel of international practitioners, telling us what is healthy and what is sickness. In reality, these mean ranges on your report are determined by samples taken in THAT lab only. A standard that everybody uses does not exist. And as if that weren't enough to make you

What things do you look at in the test report to determine wellness?

Once a blood test is completed, we look for what we call "biomarker" to health, such as:

- Anemia (a lack of iron)
- Too much iron
- Thyroid problems
- Hidden chronic infections (viral, fungal or bacterial)
- Adrenal problems
- Digestive problems
- Blood sugar problems
- Liver/gallbladder disorder
- Cardiovascular disorder

Since the insurance companies have basically taken over the health profession, they are the ones who determine what the tests the doctors can run. Twenty years ago, the blood panels that doctors ordered included an extensive number of tests and gave a broader picture of overall health. Today, only a fraction of those tests in a typical blood panel exist. For example: 4 thyroid tests are necessary to determine whether your thyroid is working properly. The typical blood panel today includes only one. When was the last time you had a blood panel that included the 4 thyroid test.

Maybe the reason you haven't had these tests is because you haven't been sick enough for the insurance companies to pay for it.

What do I do once I have decided to get my blood test read functionally?

Call us for an appointment. If you have a current blood work report, we can use that to determine your wellness. If not, we can refer you to a lab where you pay a fraction of the retail price for your test. Then we combine with the [Energetic Nutritional Testing](#) to find out the cause of your health problems and get rid of the cause by applying potent herbal extracts and homeopathic remedies. Call us today so we can help you reach your optimum health.

UPCOMING WORKSHOPS

scratch your head, think about who is most likely going to have blood tests run. Sick people. There's no reason for "healthy" people to get blood tests, especially if insurance companies aren't willing to pay for it. Since only sick people's scores are being used for the averages, all of the "normal" results are skewed away from health and wellness. Functional health practitioners and researchers have looked at the data, determined what constitutes wellness and set out a range guideline for everybody. Here is an example how the standards are different, using Hypoglycemia: Twenty years ago, according to Western standards, if your glucose reading was less than 85, it was determined that you had Reactive Hypoglycemia. (This is also the current standard for functional health.) Now, with the skewed norms, you are considered a Reactive Hypoglycemic with a reading less than 65. A current patient came to us with a glucose reading of 70. Twenty years ago, she would have been diagnosed with Reactive Hypoglycemia, but today, she is considered healthy by Western standards. The really bad news is that by the time a Western medicine practitioner discovers you are sick, you are really sick. Maybe you haven't had a recent blood test. Maybe you just haven't been sick enough to be sent for one. You don't have to wait until you have a disease. Get your blood test today and find out how to keep yourself healthy enough to avoid sickness and disease.

NATURAL SOLUTIONS TO HEALTH PROBLEMS CAUSED BY STRESS

Saturday 3:15 to 4:15PM, April 18th.

At Healthy Family Pavilion, Live Healthy Expo, Santa Clara Convention Center at Great America Parkway and Tasman Avenue

The workshop educates attendees about the symptoms of stress, what causes stress and how it affects health, and how stress relates to energy blockage.

Stress is one of the leading underlying causes to much of what ails the public. It explains the three stages of stress and solutions to stress. Local herbalist and Board-certified acupuncturist Jenny C. Lee, L.Ac, will explain preventive measures and natural approaches to health problems caused by stress. You will learn how to assess your own health conditions, and you will receive a Free Energetic Nutritional Organ Scan.

5 SECRETS TO LOOKING AND FEELING YOUNG

Sunday, 13:45 to 14:45 April 19th

At the Relaxation Pavilion, Live Healthy Expo, Santa Clara Convention Center, at Great America Parkway and Tasman Avenue

You will learn the five key areas to achieving full health potential, stop fad dieting, eat to nourish the body, avoid unnecessary drugs, get the body moving, and get out of pain:

- An explanation of metabolism, how sugar and carbohydrates are used by the body
- The true value of being healthy and fit
- How the thyroid and hormones tie into weight loss
- How water, medications, and certain fats play a role in your health
- How pain limits a person from achieving their full health potential

Local herbalist and Board-certified acupuncturist

Jenny C. Lee, L.Ac, will explain preventive measures and natural approaches to improve your health. You will learn how to assess your own health conditions, and you will receive a Free Energetic Nutritional Organ Scan.

SUCCESS STORY:

Fatigue, Overweight

I gained 21 lbs within 10 months with no apparent reason with swollen ankles, legs and even face. And I was tired a lot that I wanted to fall asleep.

I tried to lose weight with apparently no changes. In my daily routine, I used to eat very small portions and workout frequently; I was sleepy all day long; my hair and skin was extremely dry.

Many years ago, I was treated by an herbalist in South America. I had a very good experience there; that was the reason I was looking for a treatment with Chinese Medicine.

I lost 4 pounds during the first 3 weeks of treatment at The Healing Lab. Even friends noticed the changes in my hair and skin. I have more energy. I felt very satisfied and peaceful.

Maria Chiarella Feb. 12th, 2009

Constipation, Abdominal Pain

I have had constipation for fifteen years, ever since I was around 5 years old. On the average, I have only 2 to 3 bowel movements per week. I had gas and burping all day long for 4 years now. I had bloating so bad that I would have severe sharp pain in my lower abdomen. I have had heavy menstrual period and cramp ever since the beginning, along with mood swing and feel irritable all the time which got worse before the period. I

was cold all the time, and my weight would fluctuate up and down for 5 pounds for the last year.

I also suffered from fatigue, restless sleep, poor concentration, and sinus allergy.

I came to the Healing Lab for just three weeks. My bowel movements are restored to normal. My energy and sleep is back. I no longer have mood swing. I can think clear again.

Thanks for my mom who took me to the Healing Lab. I now feel wonderful.

Dana, San Carlos 3/6/2009

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